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Waukesha County  
UW Extension

## Farmers Market Fresh

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### Baked Kale Chips

#### *Ingredients:*

- 1 bunch kale
- 1 to 2 teaspoons olive oil  
(depending on bunch  
size)



University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating.  
UW-Extension provides equal opportunities in employment and programming including Title IX and ADA

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### Directions:



1. Preheat oven to 200°F.
2. Lightly spray two large baking sheets with vegetable oil cooking spray.
3. Wash and **thoroughly** dry kale. A salad spinner works well, followed by patting kale dry with paper towels or a dish towel.
4. Cut with kitchen shears or tear leaves from stems and thick center rib in middle of leaves; then tear into large sections.
5. Toss with 1 to 2 teaspoons oil in a large bowl. You may wish to use your fingers to distribute the oil on the leaves. Use slightly more oil if needed.
6. Place in a single layer on baking sheets. Bake about 20 minutes. Remove baking sheets from oven, turn kale chips over, then return to oven. (If both baking sheets didn't fit on one shelf, switch shelves.)
7. Check after an additional 10 minutes to determine if they are evenly crisp. Continue baking if needed. The time may vary with your oven. (You may want to record the times that work for you.)
8. Let chips cool slightly on baking sheet, placed on a cooling rack. Then, transfer to a bowl and sprinkle with salt or grated Parmesan cheese, if desired.

*This recipe was modified from University of Nebraska–Lincoln Extension.*

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